

# City of Murfreesboro

... creating a better quality of life

## the City Scene

Murfreesboro's employee newsletter



August, 2013

### MWSD crew is July STARS winner

A team of Murfreesboro Water and Sewer Department employees, Terry Taylor, Dale Richardson, Steve Richardson, Andy Landrum, Josh Alcorn, Ben Weatherford and Dana McKenney was named STARS Award recipient for July during the July 11 meeting of Murfreesboro City Council.

STARS, or "Succeeding Through Attitudes Reflecting Service Excellence", is awarded monthly to individuals or teams that demonstrate "Excellence", program originator and Service Excellence Coordinator Shannon Logan said, adding the STARS Award is an honor that recognizes the City's greatest assets – its employees.

This past spring, a severe waster main break occurred at

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STARS winners for July are, from left, Dale Richardson- Distribution oreman; Terry Taylor- Operations Manager, Steve Richardson – Maintenance Construction Worker, Andy Landrum- Crew Leader, Josh Alcorn- Maintenance Construction Worker, Dana McKenney- Equipment Operator. Not pictured is Ben Weatherford- Maintenance

### BORO-FIT tops city news

The City of Murfreesboro values each of our employees and believes that your health and that of your family is one of our top priorities. We also recognize that your health is important to the health of our City.

Because of this, we are pleased to roll out another year of wellness now known as BORO-FIT beginning on Aug. 6 as a free **voluntary** benefit to you. The City continues to partner with Interactive Health to offer a wellness program for our employees as well as their spouses and dependents ages 18 to 26 to help you and your families achieve better health.

Living a healthier life can be rewarding and the BORO-FIT program includes great resources

conditions.

Be on the lookout for more information about BORO-FIT.

As part of this program, you will have an opportunity to get an accurate picture of your current health status through a health evaluation and health risk assessment that will inform you of your personal health score and goal.

To help you achieve your goal, the program features access to personal health coaching, monthly health webinars, and a comprehensive website with great tools to track food, log



exercise and build recipes; and even a way to develop meal plans and exercise plans.

We believe BORO-FIT has a lot to offer and can help you and your family take important steps towards living a healthier life. To help you make the commitment and get involved, we are offering an incentive to eligible employees for participating in the upcoming wellness evaluation scheduled for August 2013. An "In The Know" video will The City of Murfreesboro values each of our employees and believes that your health and that of your family is one of our top priorities. We also recognize that your health is important to the health of our City.

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Be on the lookout for more information about BORO-FIT.

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## From the City Manager ...



Murfreesboro City  
Manager  
**ROB LYONS**

This year, the City of Murfreesboro will embark on a City-wide comprehensive planning effort. A comprehensive plan is a long-range plan that helps the City prepare for and manage expected population and employment growth, as well as plan for and coordinate major public investments. In addition, the plan will provide direction for City decision-making on land use, transportation, parks and open spaces, utility systems, natural resources and other topics.

It is framed in broad terms and serves as a guide for future implementation by City Council and staff. Essentially, the plan will look closely at how Murfreesboro residents live, work, play, and learn today, while outlining the future progress we can make in each area.

Suggested by the Mayor and City Council, the City's Planning and Administration Departments will lead the way in the development of the new comprehensive plan. The City's departments, as well as Murfreesboro City Schools, will work together toward the vision of a greater Murfreesboro.

You will help us provide a vision for the progress needed for our long-term goals. With your help, Murfreesboro's comprehensive plan will guide our success in the coming generation. There will also be substantial opportunities for our residents to participate.

Moving forward, you will begin to hear much more about the plan, including segments and opportunities for interaction through the City's website, Channel 3 and in the local newspapers. This is an exciting project for the City that is important to our long term success. I look forward to your suggestions and engagement.

**A u g u s t , 2 0 1 3**

### National Night Out

Murfreesboro Fire and Police Departments, Murfreesboro Housing Authority, Rutherford County Emergency Medical Services, Tennessee Army National Guard and other agencies will co-host National Night Out Aug. 6 from 5 until approximately 8 p.m.

Citizens will be asked to lock their doors and windows, turn on their porch lights and come outside to spend the afternoon and evening with their neighbors and local law enforcement officers.

Five sites in Murfreesboro have been designated including:

- \* Franklin Heights where opening ceremonies will be held at 6 p.m.
- \* Patterson Park Community Center where Bounce Houses, Live Entertainment and Carnival Games will be present along with Community Agencies
- \* Sports\*Com will host a DJ, Cake Walk, Water Spout, Read to Succeed will be present and Bounce Houses and free swims
- \* Oakland Park will include bingo games, a water spout, mobile health unit, free registrations to the Library and a cake walk.
- \* Spring Valley Apartments will offer bounce houses, a slip n' slide, DJ, face painting, safe link free phones and a water spout.

National Night Out is designed to encourage the entire community to partnership with local law enforcement officers to reduce crime in their neighborhoods and at work

Contact MPD's Maj. Clyde Adkison, Lt. Steve Teeters, Sgts. Melvin Cunningham and Kyle Evans, all at 895-3874.







### *What is a "Preventive Health Evaluation"?*

#### **Comprehensive Clinical Blood Test**

- Cardiovascular disease risks (high cholesterol; high blood pressure)
- Diabetes
- Liver and kidney disease
- Anemia
- Blood, bone, and muscle disease (including certain types of cancer)

#### **Other great benefits:**

- [www.myinteractivehealth.com](http://www.myinteractivehealth.com)
  - Online test result access
  - Virtual medical record
  - Annual trend analysis
  - Electronically forward your test results to your physician
  - Medical library on symptoms, diseases, treatments
  - Online health consultations
- **Personal Health Report** mailed to your home, explaining your results and what they mean.
- **Health-related emails** targeted to your specific condition(s), age and gender.
- **Health Coaching Programs**
  - Weight Loss
  - Achieving Balance
  - Tobacco-free for Life
  - Diabetes Prevention and Control
  - Better Nutrition
  - Managing Cholesterol Levels
  - Personalized Fitness
  - Managing and Preventing High Blood Pressure

## *Great News!*

# **BORUFIT**

***On-site preventive health evaluations are just around the corner.***

In an effort to encourage personal health awareness, focus on prevention, and manage rising health care costs, we encourage everyone to take 10 minutes out of your day and do something good for yourself.

**Your results are 100% confidential!**

## **WHY SHOULD YOU PARTICIPATE?**

**Take advantage of the incentives the City is offering eligible employees which include:**

- **Year 1 - \$125 Flex Debit Card**
- **Year 2 - Premium Discount\***

**We encourage you to take advantage of this exceptional program being offered to you.**

**Watch for more information coming soon on the event dates and enrollment instructions.**

\*Incentive based on eligibility, participation and certain goals and criteria being met.

## Care for *Your Health*

City of Murfreesboro cares about your health and well-being, and is pleased to offer convenient on-site health evaluations to all benefit eligible employees, spouses and dependents (ages of 18-26). Your health evaluation will include testing for cardiovascular disease, diabetes, liver and kidney disease and much more. You will incur no out-of-pocket expense!

Health evaluations are by appointment.

**City Hall**  
Room 218

**August 6-9, 2013**  
5:00 a.m. – 12:00 p.m.

**Patterson Park Community Center**

**August 6-7, 2013**  
6:00 a.m. – 8:00 a.m.

**City Hall**  
Room 218

**August 13-16, 2013**  
5:00 a.m. – 12:00 p.m.

**Schedule your appointment by the end of day on the Wednesday  
of the week prior to the date you would like to participate.**

- Go to [www.myinteractivehealth.com](http://www.myinteractivehealth.com) to reserve your appointment online. First-time website users will have to register using the Sponsor Code PGKHN. Employees, spouses and dependents will need individual e-mail addresses to register online.
  - Once registered and logged in, click the "Schedule Appointment" box at the top of your home page and follow the prompts. The employee will need to register first, and then the spouse and/or dependent can register.
  - Health Plan Participants: Enter your Insurance Member ID and Group ID (found on your insurance card). Spouses will need to add an "S" and dependents will need to add a "D" at the end of your Member ID. This evaluation will not utilize your annual physical wellness benefit. If you have already received an annual physical or are scheduled to do so, you are still able to participate in this event at no charge.
  - Non Plan Participants: Please select "N/A" for your insurance provider and "UNINSURED" as your insurance type and continue to follow the prompts.
  - All Participants: Be sure to complete the health history questionnaire to complete the scheduling process and confirm your appointment.
- You may also call Interactive Health at 1-800-840-6100 to register.

**Please fast for 12 hours before your test.** Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that would prevent you from fasting 12 hours, please follow your doctor's instructions regarding fasting.

Taking the health screening is an important first step in finding out your current state of health. The second step is to include your physician as a member of your 'wellness team'. For your convenience, Interactive Health can communicate your test results directly to your physician if you provide their information (name, email, phone and fax numbers) either online or at the time of your health evaluation.

**Unable to attend on-site?** You can have your health evaluation at a participating off-site testing facility. Go online as outlined above and select a LabCorp location near you, or call Interactive Health at 1-800-840-6100 and ask to Test at a Lab. Health plan participants should have their insurance card ready. *If you use this option, please go online or call Interactive Health by August 16 and complete the testing no later than August 30, 2013.*

- Interactive Health is a HIPAA compliant company.
- Testing takes less than 20 minutes of your time.
- Results are available online within 7 days and by mail within 2 weeks.
- Interactive Health Index – score card highlights your current heart risk status and sets realistic personal goals for improvement.
- Service includes an optional and confidential one-on-one telephonic health education program.





# Employee anniversaries

## 25 Years

Raymond Johnson

Michael Bowen

## 20 Years

Ronald Wilson

Gregory Gossage

## 15 Years

Della M. Brown

## 10 Years

Robert Hyatt

David Bricker

Davey Ferrell

Kenneth McFarland

Jimmy Ray Robinson Jr.

James White

Mitchell Whittenburg

Kyle Winnett

## 5 Years

Sandra Cantrell

Todd Bell

Jennifer McGraw

# Welcome newcomers

## New Hires

John B. Compton

Westley M. Hall

Tchezaray Major

Hector Montalvo II

Stuart Ogg

Allen Slater

# ON THE MOVE WITH ROVER

## *Rover Highlights*



### Free Fare Day July 19<sup>th</sup> 2013

Rover celebrated its sixth year in service by sponsoring a Customer Appreciation Day for all its loyal customers. Passengers were treated with Hot Dogs, Assorted Chips, Sodas, Water and Danishes that were provided by the City of Murfreesboro. A special thanks to Dana Richardson, Director of Transportation and Nellie Patton, Assistant Director of Transportation for furnishing the food for this event.



Hot Dogs, Chips, Danishes, Sodas & Water



Thanks to Cooks

Ed Etzkin /Rover Operations Manager & Brent McCluskey  
Husband of Lesia McCluskey, Rover Supervisor



(Blue Shirt) Nellie Patton Assistant Director of Transportation and Lesia McCluskey Supervisor at Rover (Grey Shirt)



Photos taken by Agnes Thomas,  
Rover Administrative Assistant.

Questions, comments or suggestions?  
Email CityScene Editor [Chris Shofner](#) or call 642-3230.



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Old Fort Golf Club. Due to the location of the break, and the depth of the hole that had to be dug to reach the line, the job required special safety restrictions. The sides of the hole were over four feet in depth and therefore required stabilization and safety training specific to this type of work. The golf course staff recognized repairs would require special attention and training so asked MWSD for help.

Terry Taylor, MWSD Operations Manager, responded quickly with a seven-man crew of seasoned employees, including three employees with over 25 years of service each. Altogether, the crew has over 100 years service to the City.

The golf course's staff could not have done the repairs without putting several employees in danger or hiring out the repairs to an outside company, Director of Golf Tracy Wilkins said. The MWSD team was nominated because of how cooperative Taylor and his staff were and Wilkins was very complimentary about on how friendly and hard-working the repair team was. The teamwork demonstrated how City departments work together to provide safer and less expensive services to citizens.

Taylor said a contractor would have charged between \$7,500 and \$10,000 for the repairs but his crew completed the same job for \$1,500 to \$2,000, less than half what it would otherwise have cost.

"I'm proud to work with such conscientious, respectful co-workers, MWSD Director Darren Gore said, "and I am doubly proud that they (the MWSD team) were so eager to help another City Department."



Carol W. McCulloch, Murfreesboro Engineering Administrative Support specialist, is proud to announce my first Grandson was born May 23 at 12:05 a.m. and weighed 5 pounds and 12 ounces to my daughter Savannah and husband Rob Vinson. This picture was taken at the Hospital studio and he is sporting his MTSU attire, he is "True Blue". Baby Jase is also a new little cousin for Tracy Brown in HR.



CityTV was given an award for coverage of local Crime Stoppers recently. John Padgett, CityTV Communications Specialist, received the award. From left are Mike Gentry, Chairman of the Rutherford County Crime Stoppers, Padgett and Charlie Montgomery, Crime Stoppers board member and Awards Chair.